



Active Parenting

with

Swindells Resource Center

6-week virtual parenting program helping parents and caregivers of kids ages 5 to 12

An evidence-based approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn strategies for school success, positive discipline and communication techniques to help your family run more smoothly.

- *Brain development and behaviors*
- *Open up lines of communication*
- *Defuse power struggles with your children*
- *Teach responsibility, courage, and resilience*
- *Encourage independence as your child grows older*

Wednesdays
May 1 - June 5
9:30am - 11:30am
Online

For more information or
to register:

Swindells@providence.org
971-415-5349

Este es un taller de idioma inglés.



This workshop is free thanks to the support of the Providence Children's Health Foundation and their generous donors.